



CHECK YOUR CLASS
ENTRANCE POINT
BEFORE ARRIVAL

Northgate Arena Fitness Class Timetable

MONDAY		
9.15am - 10.00am Helen	Zumba®	C
9.15am - 10.00am Becky	Brio Cycle*	B
10.00am - 10.30am Robb	FloatFit HIIT®	A
10.15am - 11.00am Alison	Brio Burn	C
10.15am - 11.00am Ceri	Brio Cycle*	B
11.00am - 12.15pm Alison	Aqua Fit	A
11.15am - 12.00pm Ruby	BODYPUMP®*	C
11.30am - 12.15pm Ceri	Pilates	B
5.15pm - 6.00pm CJ	Brio Dance	C
5.30pm - 6.15pm Ali	Brio Cycle*	B
6.15pm - 7.00pm Robb	BODYCOMBAT®*	C
6.30pm - 7.15pm Ali	Brio Cycle*	B
7.15pm - 8.00pm Robb	BODYPUMP®*	C
7.30pm - 8.15pm Daniela	Brio Cycle*	B

TUESDAY		
6.45am - 7.30am Brian	BODYPUMP®*	C
9.00am - 9.30am Angela	FloatFit HIIT®	A
9.30am - 10.15am Ali	Brio Cycle*	B
9.45am - 10.30am CJ	Brio Dance	C
10.00am - 10.30am Angela	FloatFit Balance®	A
10.45am - 11.30am Angela	Brio Cycle*	B
10.45am - 11.30am CJ	Brio Burn	C
11.00am - 11.45am Ali	Aqua Fit	A
12.00pm - 12.45pm Jo	Pilates	B
2.15pm - 3.00pm Joy	Pilates	B
5.00pm - 5.45pm Urška	Brio Core	C
5.15pm - 6.00pm Ruby	Brio Cycle*	B
6.00pm - 6.45pm Mel	BODYCOMBAT®*	C
6.15pm - 7.00pm Ruby	Brio Cycle*	B
7.00pm - 7.45pm Gemma	Zumba®	C
7.15pm - 8.00pm Donna F	PiYo	B

WEDNESDAY		
6.45am - 7.15am Ruby	HIITSTEP®	C
9.00am - 9.30am Daniela	FloatFit HIIT®	A
9.30am - 10.15am Ali	Brio Cycle*	B
10.00am - 10.30am Daniela	FloatFit Balance®	A
10.00am - 10.45am Hayley	Zumba®	C
10.45am - 11.30am Sarah	Aqua Fit	A
11.00am - 11.45am Matt	Brio Burn	C
12.00pm - 12.45pm Matt	Pure Stretch	C
5.15pm - 5.45pm Estanis	Metafit®	C
5.30pm - 6.15pm Donna F	Fitness Pilates	B
6.15pm - 7.00pm CJ	Brio Dance	C
6.15pm - 7.00pm Ali	Aqua Fit	A
6.30pm - 7.15pm Jan	Brio Cycle*	B
7.15pm - 7.45pm Matt	FloatFit HIIT®	A
7.15pm - 8.00pm Jo	Brio Circuits	C
7.30pm - 8.15pm Jan	Brio Cycle*	B
8.00pm - 8.30pm Matt	FloatFit Balance®	A

THURSDAY		
9.15am - 10.00am Helen	Aqua Zumba®	A
9.30am - 10.00am Robb	HIITSTEP®	C
10.30am - 11.15am Donna F	Brio Burn	C
10.30am - 11.15am Angela	Brio Cycle*	B
11.30am - 12.15pm Donna F	PiYo Power	C
12.30pm - 1.15pm Matt	Pure Stretch	C
5.15pm - 6.00pm CJ	Brio Core	C
5.15pm - 6.00pm Daniela	Brio Cycle*	B
6.15pm - 7.00pm Donna D	Brio Burn	C
6.15pm - 7.00pm CJ	Brio Cycle*	B
7.15pm - 8.00pm Matt	BODYPUMP®*	C

FRIDAY		
6.45am - 7.30am Brian	BODYPUMP®*	C
9.30am - 10.15am Becky	Brio Cycle*	B
10.00am - 10.45am Donna F	Brio Burn	C
11.00am - 11.45am Ceri	BODYPUMP®*	C
11.00am - 11.45am Donna F	Pilates	B
12.00pm - 12.45pm Donna F	Pilates	B
4.30pm - 5.15pm Jo	Brio Circuits	C
5.00pm - 5.45pm Claire	Brio Cycle*	B
5.30pm - 6.15pm Gemma	Zumba®	C
6.00pm - 6.45pm Ali	Brio Cycle*	B
6.30pm - 7.15pm Jane	Brio Burn	C

SATURDAY		
8.45am - 9.15am Ali	Brio Cycle*	B
9.15am - 10.00am Grace	Zumba®	C
9.30am - 10.15am Ali	Brio Cycle*	B

SUNDAY		
8.30am - 9.15am Ceri	BODYPUMP®*	C
9.00am - 9.45am Daniela	Brio Cycle*	B
10.00am - 10.45am Robb	BODYCOMBAT®*	C
11.00am - 11.45am Robb	BODYATTACK®*	C

* These are premium rate sessions

PRE-BOOKING
IS REQUIRED
FOR ALL
SESSIONS

We've changed the way you visit our centres!
Be sure to check our website before you leave home to make sure you've got the most up to date information about our centres, how we are making our centres safe for customers and your new brio journey.

brioleisure.org/welcomeback

ENTRANCES	
Training Pool/Pool/Gym	A
Dojo	B
Sports Hall	C